

What is claimed is:

1. A hand grip interactive with a surface, for use by an individual when performing an exercise routine, which comprises:

5 a crossbar defining an axis, said crossbar having a first end, and a second end;

a first wheel having a rounded rim, said first wheel being selectively mounted for rotation around said axis at said first end of said crossbar; and

10 a second wheel having a rounded rim, said second wheel being selectively mounted for rotation around said axis at said second end of said crossbar, wherein said first wheel and said second wheel independently rotate about said axis in resistance to respective axle friction and a rolling friction, the axle friction being generated between each said wheel and said crossbar, and the rolling friction being  
15 generated between said surface and said rim of respective said wheel during a movement of said hand grip over said surface, and further wherein said axle friction is less than said rolling friction.

2. A hand grip as recited in claim 1 wherein the coefficient of the rolling friction is less than one inch.

20 3. A hand grip as recited in claim 1 wherein each said wheel is made of neoprene.

4. A hand grip as recited in claim 1 wherein said crossbar is formed with a bow at the center of said crossbar and wherein said bow is bent at an approximately forty-five degree angle.

5. A hand grip as recited in claim 1 further comprising a means for providing a respective quick connect/disconnect of each said wheel wherein said means is attached to each said end of said crossbar.

6. A hand grip as recited in claim 5 wherein each said wheel is  
5 attached to said connect/disconnect means of said crossbar.

7. A hand grip as recited in claim 1 wherein each said wheel has a hub for receiving said crossbar and wherein said hand grip further comprises a bearing means attached between each said hub of each said wheel and said crossbar for reducing the axle friction force therebetween.

10 8. A method for exercising selected muscles of an individual which comprises the steps of:

providing at least one hand grip, said hand grip comprising a crossbar defining an axis and having a first end, a second end and a central portion being between said first end and said second end, a first  
15 wheel having a rounded rim and being mounted at said first end of said crossbar for rotation around said axis, and a second wheel having a rounded rim and being mounted for rotation around said axis at said second end of said crossbar;

positioning the individual on a surface wherein said surface  
20 defines a substantially straight longitudinal axis on said surface and further wherein the individual is aligned with said longitudinal axis on said surface and said individual's hand rests on said central portion of said crossbar near said individual's body along said axis; and

rolling said device selectively outwardly from said individual on  
25 said surface in a free-form path by contraction of said individual's muscles.

9. A method as recited in claim 8 wherein said step of rolling is accomplished by moving said device along generally parallel paths to said longitudinal axis on said surface.

5 10. A method as recited in claim 8 wherein said step of rolling is accomplished by moving said device in a curving path radially from said longitudinal axis on said surface.

11. A method as recited in claim 8 wherein said step of positioning is accomplished by the individual being in a kneeling position.

10 12. A method as recited in claim 8 wherein said step of positioning is accomplished by the individual being in a sitting position.

13. A method as recited in claim 8 wherein said step of positioning is accomplished by the individual being in a bend-at-the-waist position.

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